VOL V No. 4 Naval Regional Medical Center, Orlando, Florida 1 February 1982

Award winners

Sailor of the Year, 1981

HM3 Beverly D. Kirby, USN

HM3 Beverly D. Kirby, Division 7, In-barracks Screening Program has not only been selected as NRMC's Sailor of the Quarter, 1981, but has also been selected as NRMC's Sailor of the Year for 1981.

Petty Officer Kirby was selected for her professional, outstanding performance in the In-barracks Screening Program. Her devotion to duty is reflected in her concern for total health care and her compassionate understanding in her patient contact. Petty Officer Kirby's conduct and personal appearance is of the highest example and in keeping with the traditions of the U. S. Naval Service.

HM3 Kirby hails from Chicago, Illinois, and is firmly committed to making the Navy her career.

Blue Jacket of the Quarter

HN William D. Reed, USN

HN William D. Reed of Nursing Service (Pediatric Ward) has been selected as the Blue Jacket of the Quarter for the fourth quarter, 1981.

HN Reed, as Senior Corpsman of the Pediatric Ward, has served as a high example to his peers and subordinates in demonstrating his outstanding, professional performance. His ability to organize tasks efficiently and direct the activities of others has enhanced the unit effectiveness. HN Reed, in his exemplary conduct and impressive military bearing, has provided a standard to which all can aspire.

HN Reed reported aboard in June 1981 and plans to make the Navy his career. His hometown is Houston, Texas.

We're glad you're here!

CDR T. C. Sparks, NC, from NRMC, SDIEGO
CDR R. Ascione, MC, from civilian status
LCDR B. A. Goss, NC, from NavHosp, Patuxent River
LT A. C. Bagley, NC, from NRMC, Jacksonville
HA L. J. Carmel from HCS, GLAKES
HR C. M. Cunningham from HCS, GLAKES
HA E. C. Evans from NSHS, SDIEGO
HR A. E. Hamlin from HCS, GLAKES
HN D. A. Hoy from NSHS, SDIEGO
HA K. A. Ishmael from FMSS, Camp Lejeune
HN "J". A. Larocque from NRMC, Oakland
HN K. McGuinniss from NRMC, Oakland
HR B. K. Mullen from NSHS, SDIEGO
HM3 W. G. Puckett from NRMC, Oakland
HN K. D. Roark from HCS, GLAKES
HA G. K. Stewart from HCS,GLAKES
HMC C. L. Swan from Antarctica Detach.
HR S. V. Thomas from HCS, GLAKES
HN D. L. Thompson from NRMC, Camp Pendleton
HA V. E. Williams from FMSS Camp Lejeune

Whoooizzit?

Do you know this staff member? The answer is on Page 8.)

Career Counselor's Corner

By HMC Rex M. Reeder

Off-Duty Educational Opportunities In The Navy

If you are interested in advancing educationally while you are in the Navy, there are a number of opportunities available to you.

The Navy has a program to enable you to complete a high school diploma and pursue a college degree. This voluntary education program is called the Navy Campus. Whether you are ashore or afloat, you can finish your high school education under the Navy Campus High School Studies Program. And, if you would like to work towards a college degree, you can enroll in evening courses at your base or take courses while aboard ship.

For those of you who are stationed at a shore installation, the Navy Campus has arranged to bring college level courses to you during off-duty hours. Your Educational Services Officer (ESO) or career counselor can assist you in contacting the nearest Navy Campus advisor's office.

The Navy will help pay for the cost of your education. For example, courses taken to complete a high school diploma requirement are free. If you have achieved a high school diploma or its equivalent, you can take college level courses and only pay part of the cost. Under the Navy Campus Tuition Assistance Program, up to 75 percent of the costs of college level courses are paid if you are an E4 or below. If you are an E5 or above, and have less than 14 years of service, up to 90 percent of the costs of tuition will be paid.

If you have any questions about what is available or how to proceed, check with your Navy Campus education specialist, ESO, or career counselor.

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CAPT. H. L. VAN DUSEN, USN

American Red Cross

Volunteer Hours for December

1,689 1/2

Vital Signs' Staff

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Commanding Officer: CAPTAIN L. R. FOUT, MC, USN
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RAMP PAGE!

By HM1 Bogan McQuigg, USN

What gift would you like to receive from your Valentine and what would you give her/him?

LT M. A. Walz, MSC, Opthalmology Service: "I would want a big kiss and I would give him an even bigger kiss!"

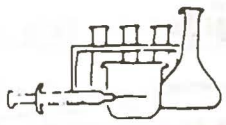
HMC C. L. Swan, Asst Ch, HumResManSvc: "Not trying to look like a romanticist, I would only ask for what I already have -- love and friendship from my family. My gift will be love and friendship to them."

HM1 J. W. Allen, CMAA for the Annex: "I would like to receive a gift of money, booze and a Hustler centerfold! I would give my Valentine a day off and a hard time..... with love."

HM3 S. Baharloui, Annex Immunizations: "I would like to receive a dozen red roses and I would like to give him some sexy underwear!"

LCDR J. H. Vasquez, MSC, Chief, Patient Affairs: "Continuing love..... and the same in return."

C.C. Norman, Annex Medical Records: "I would like to give her a box of candy and I would like to receive a heart-shaped bottle of Hennessy!"



Lab Line

By CAPT P. E. Petit, MC, USN

Blood Typing/Sickle Cell Laboratory

In terms of total test production, one of the most prolific sections of the Lab is the Blood Typing/Sickle Cell Laboratory. Hidden away in a small corner of the NRMC Annex, a 15-channel blood typing analyzer and a sickle cell/G6PD analyzer grind out thousands of tests each week.

Since most NRMC staff members don't even know this laboratory exists, we wanted to take this opportunity to give it some publicity and recognition for the job that is being done there. HM1 Lane Shelton is the primary operator of the test analyzers. HM2 Gerald Collins was one of the technicians involved in the initial set up of some of the equipment, and lends his experience in technical maintenance. Most of the blood specimens put through the analyzers are from the recruit companies. Blood typing information is required for dog tag and ID card entries. Sickle cell and G6PD testing is required to support an occupational health screening program, and the results are entered into each health record. Both

HM1 Shelton (on left) and HM2 Collins

analyzers operate at the rate of 120 specimens per hour. The sampler picks up a new blood specimen every 30 seconds. If you would like to see some real artistry in fluid dynamics, stop by some day and watch the instruments operate. There are literally hundreds of feet of tubing through which reaction mixtures mass. One warning though -- with blood going in and coming out that fast and if anything went wrong..... the operator would truly get a blood bath! ..... not to mention any spectators in the area!

NRMC's Dental Service receives Accreditation

The Certificate from the American Dental Association, denoting accreditation of NRMC's Dental Service, was officially presented to CDR William S. Bate, DC, USN, by Captain Fout during the latter part of January.

CDR Bate, Chief of Dental Service, said that the ADA Council reviewed the on-site inspection report of 29 April at their November 1981 meeting and granted the approval. The approval indicates our Dental Service meets, or exceeds, the minimum standards of the Council on Hospital and Institutional Dental Services. The ADA Council is recognized by the American Hospital Association and the Joint Commission on Accreditation of Hospitals.

CDR Bate is justly proud of this accreditation and proud too of his dental care team who provide the highest quality of oral health care to the staff of NRMC. The accreditation was a result of their full support to the accomplishment of the mission of the Dental Service.

Our congratulations to CDR Bate and his Dental Service!

Nursing Service

By LT Steven W. Tudhope, NC, USNR

A whole is equal to . . .

"A whole is equal to the sum of its parts." We have all heard this at one time or another in our lives. I remember it from a geometry class; however, its application need not be purely mathematical in nature as I am about to show you.

Working in patient care every day, I stopped to realize just how many people I came in contact with and had daily interactions with; I then realized just how many people it takes to care for one patient. For example, when a patient returns from surgery, many people are involved. There could be Inhalation Therapy providing oxygen or breathing treatments; Dietary - there could be a need for a high protein liquid diet which requires special attention; Pharmacy - providing IV medications; CPD - providing an air mattress for the patient's comfort; Chaplain - upon request by the patient or the patient's family -- all of these staff members touching one individual patient on one floor of this hospital! Consider the average number of patients in this hospital and the combined efforts of the personnel necessary to make their hospital stay more bearable -- people providing for people.

The relentless will of the patient coupled with the unselfish and caring attitudes of all our personnel help to make each patient's recuperation a successful one.

We all depend on one another and, of course, our common goal is the same -- the comfort, safety, and well-being of the patient. One particular job does not function totally independently from the rest -- at some point, they will intermingle and one depends on the other for successful care of the patient. In keeping with our beginning statement, if there is a deficit in the whole, then it would only follow that others may fall behind as a direct result of that weak point. Let me re-phrase that original statement and leave you with this thought: "The whole is equal to, and as strong as, the sum of its parts."

Christmas decorations awards

. . . for Wards

Captain Schefstad, acting for the Commanding Officer, presented the plaque for the best Christmas Ward decorations to the OB-GYN Ward. Accepting on behalf of the Ward, were LCDR Judith M. Twarog, NC, and Mrs. Brenda L. Repp.

. . . for Clinics

Captain Schefstad presented the plaque for the best Christmas Clinic decorations to the Family Practice Clinic, NTC Annex. Accepting on behalf of the Clinic were Mrs. Inell Baldwin and LCDR David M. Lefort, NC.

The plaques are to be rotated to the winners each year with an engraved brass plate reflecting the winners each year.

Chaplain's Comments

By LT J. L. Doss, CHC, USNR

Untapped power - just a prayer away

Mankind has long regarded the sun as a valuable friend. Without its heat and light, conditions on earth would not be suitable for the existence of life in any form that we know or understand it. But it is only within the most recent decades that we have begun to realize the tremendous potential of the sun to not only allow us to live on this earth, but to help us to improve the way in which we live.

The potential of solar energy has always been present; but, it required the development of the means to harness that potential through solar collectors, wind generators and other advances to make it truly effective.

There is another largely untapped power in the world; a power far greater than that of the sun. The greatest, untapped source of power in the world is the power of God to work in and through his people. It is a power which can transform lives and alter the course of history. It is a power filled with hope. For the full power of God to be realized in our lives and in the life of our nation, we must be a people of prayer. Through prayer, we can reach a fuller understanding of God's will for each of us.

"More things are wrought by prayer
Than this world dreams of. Wherefore let thy voice
Rise like a fountain for me night and day.
For what are men better than sheep or goats
That nourish a blind life within the brain,
Of, knowing God, they lift not hands of prayer
Both for themselves and those who call them friend?
For so the whole round earth is every way
Bound by gold chains about the feet of God."

Alfred, Lord Tennyson

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Don't forget the Prayer Breakfast!

Thursday

0730 **4 February**

Mariner's Club

Buffet **$2.75**

Federal Women's Program Coordinator

Dianna Bates

It's time for the staff of NRMC to get acquainted with our Federal Women's Program Coordinator. Dianna Bates, who works in Human Resource Management Service, has assumed the duties of the FWP Coordinator.

Dianna and her assistant, Joyce Sienia, are currently working on a program entitled "Rights and Responsibilities of the Civilian Employee" which will be presented in the near future. The program is being coordinated with LCDR J. H. Vasquez, MSC, USN, NRMC's Equal Opportunity Officer, and representatives from the Civilian Personnel Office.

Dianna has been an employee of NRMC since January 1980. She and her husband, Wayne, have two children: Jennifer and Douglas, and make their home in Maitland.

We're sorry you're leaving

LT M. A. WALZ, MSC, to NavHosp, Port Hueneme
HN C. Chapman to USS NIMITZ
HM2 R. B. Towle on separation leave
HM3 J. Gloss to civilian life
HM1 G. T. Dedios to civilian life
HM3 G. Callahan to BuMed
HM2 S. E. MacDonald to NSHS, Portsmouth
HM3 L. C. Booth to NRMC, Okinawa
HN R. Galluci to civilian life
HM3 C. M. Elliott to NSHS, San Diego
HN T. M. Holt to Aerospace Medical Institute, Pensacola
HM3 S. Baharloui to civilian life

Master Shipwreck

HMCM(SS) R. C. Clements, USN

Petty Officer Indoctrination Course

NRMC Orlando has now implemented the Petty Officer Indoctrination Course. The POIC is meant to develop the skills of leadership and management which will prepare young petty officers to perform more effectively. The course consists of roles and responsibilities of the petty officer, developing leadership and management skills, basic needs and human behavior, communicating with others, standards in the Navy, counselling, discipline, military justice and the petty officer, and the Navy Human Resource Management Support System.

The instructors selected to implement this program were all volunteers and highly screened for their particular expertise and demonstrated motivation to provide the students with quality instruction. Prior to starting the course, all instructors attended a facilitators seminar at the Human Resource Management Detachment, Mayport, to hone their instructional training skills and briefly discuss the POIC.

The first class to attend the POIC has demonstrated enthusiasm in receiving this course of instruction. Some of the comments from critiques are: informative; interesting; it will prepare me to be a better petty officer; I learned a lot; etc.

The POIC will prepare young petty officers to deal with increased responsibility and improve their communication skills up and down the chain of command. The classroom presentation of the 9 units contained in the POIC, will be more informative to the young petty officer than reading and answering questions in the military requirements correspondence courses or through "sea lawyers" or hearsay. It will also create an atmosphere of team work, cooperativeness and a foundation from which to advance to higher rates.

All third class petty officers promoted from the February 1981 and September 1981 advancement examinations will be required to attend the POIC. The course will be run on a biweekly basis until all have attended.

POTPOURRI

The Navy Band Orlando plays for colors each Thursday morning. All hands are cordially invited to attend. Come out and enjoy the music and observe colors. Bring a shipmate too!

The Enlisted Advisory Program is underway. All E-6 and below have been assigned to a chief petty officer or senior first class petty officer as their advisor. The enlisted advisors can assist in counselling concerning career intentions, financial matters, domestic matters, educational benefits, etc. Contact your enlisted advisor.

Snap shots

HM2 Eric F. Olayos, Laboratory Service.

HN Thomas Wallace, Orthopedic Service.

CAPT Fout's

Skipper - gram

What are YOU thinking?

What say -- let's get you, the staff, involved -- military, civilian and volunteers alike!

I'm certain many of you have valuable thoughts and ideas which you would like to express. These thoughts and ideas could prove of considerable interest and merit to our health care community. If you will put these on paper and send them to me or Mary Van, we will review, publish, and/or comment on them, if appropriate in this column. It is preferable that you sign your name but not mandatory. We will not use your name in the article without your permission.

Let's hear from you.

They're on their way!

NRMC's first Smoking Cessation Class for 1982 began on 26 January with the largest attendance on record -- 17 smokers united together in their firm commitment to quit!

This group will meet each Tuesday from 1900 - 2100 in the William G. Lawson Room for 6 consecutive weeks. The instructor for this group is Tom Van Ells from Food Management Service.

CRA NOTES

By Joyce Sienia

The CRA Committee will meet in February for elections for new 1982 CRA committee members. Anyone who is interested in serving on the Board or knows of someone who is a real "go-getter", contact Joyce Sienia in Patient Affairs. A representation from different areas of the hospital is our goal and we would like to see it maintained.

CRA BIRTHDAY GREETINGS TO: Charles Bridger and Alice McElwee on 1 Feb; James Breeden and Paul Sampson on 2 Feb; Carolyn Green on 3 Feb; Theodore Joyal and Wanda McCune on 4 Feb; Helen Dugan and Glenda Strickland on 7 Feb; Janet Belanger on 10 Feb; Barbara Broome and Ethel Hendrix on 11 Feb; Mary Heidtman on 14 Feb; Anthony Tabacco on 17 Feb; Marian McGlasson on 21 Feb; Pedro Marcial on 22 Feb; Paula Ehrenberg and Dorothy Smith on 23 Feb; and Phyllis Burke on 27 Feb.

Black History Week

7 - 13 February

Whoooizzit

It's HM1 Mary Pollock, our Chief Master - At - Arms. Petty Officer Pollock reported to NRMC in November 1981 from the Naval School of Health Sciences, Portsmouth, Virginia. HM1 Pollock has 9 years in the Navy and hails from Mattituck, Long Island, New York.